USERS MANUAL

For English speaking countries only

P+P Man-U-Just System

EN353-2

Thank you for purchasing this P+P Man-u-just System. Please take the time to familiarise yourself with the correct attachment, positioning and adjustment procedure.
It is imperative that this Man-u-just System is only used for it's intended purpose and that it is regularly inspected for worthiness.
Before using this Man-u-just System and to avoid personal injury, carefully read and understand these instructions BEFORE use or training others to use the Man-u-just System. If there is anything you do not understand DO NOT use the Man-u-just System, contact the supplier or P+P for further details.
Certain information in this manual is governed by law and is subject to change without prior notice. Great care has been taken to ensure that the information is correct at the time of publication. However, it is the user's sole responsibility to ensure that they fully comply with all legal requirements. P+P will not accept liability for any inaccuracy or incorrectly stated legal requirements.
P+P operate a policy of continual improvement and reserve the right to change specifications without notice.
The Manufacturer and/or their recognised agents, directors, employees or insurers will not be held liable for consequential or other damages, losses or expenses in the connection with our by reason of or the inability to use the Man-u-just System for any other purpose.
Note; training should only be delivered by a suitably qualified and competent person, i.e. a P+P products trainer.

P+P Part No: 90092

Description

16mm nylon hawser laid rope fitted with a rope adjuster and 1m NRG lanyard, fitted with captive karabiner and separate 76031 karabiner.

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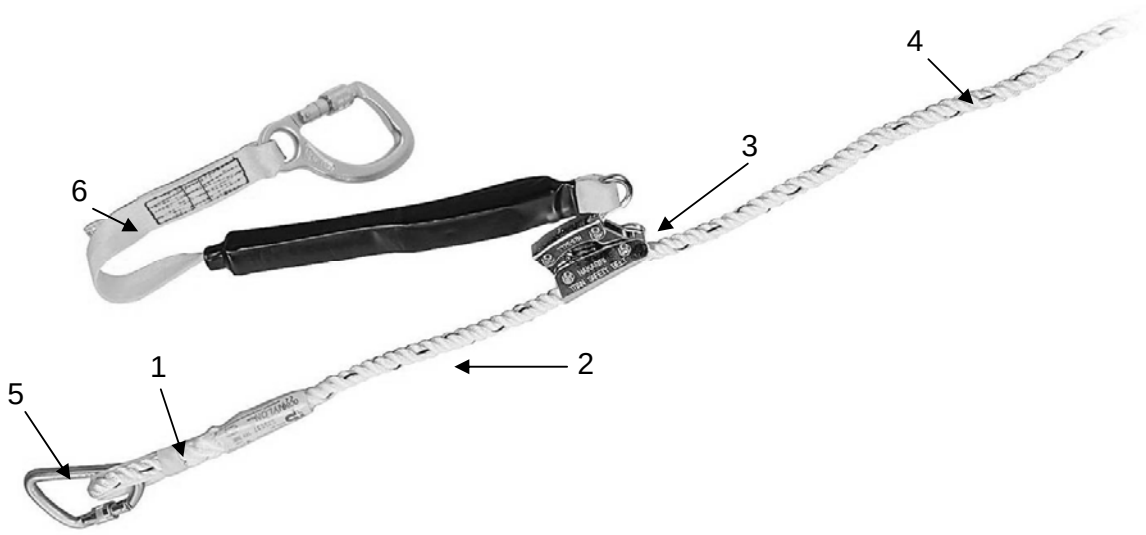
P+P Man-u-just System EN353-2
The P+P Man-u-just system is used to connect a safety harness, to an anchorage point to hold the user in a suitable work position or to prevent the user reaching a position where a severe fall is possible. Should a fall occur, the system is fitted with a lanyard complete with energy absorber so that a fall can be arrested safely.

"MAN-U-JUST" ADJUSTABLE ROPE WORK POSITION AND RESTRAINT LANYARD
16mm nylon rope with 67R "MAN-U-JUST" length adjuster / retention device for work positioning / work restraint with fall arrest capabilities.

Attachment to the front chest or dorsal 'D' ring attachment point of a P+P full body harness via an integral "NRG 100" 1 metre long nylon webbing energy absorber lanyard.

IMPORTANT
- Prior to use, a full visual inspection of every part of the work position and restraint system must be carried out by the user as instructed in the P+P User Manual.
- This system is for personal use only.
- Only use connectors (hooks or karabiners etc), approved and recommended by P+P.
- This lanyard is for use only with P+P compatible ancillary equipment.
- Check the record of inspection for this work position lanyard to ensure the regular inspections have been correctly recorded.
- It is strongly recommended that the user is given adequate practical training prior to using this work position lanyard or any other P+P product.
- DO NOT use this work position lanyard until you have read and fully understood both these instructions; the User Manual for Restraint Belts, Harnesses and Ancillary Equipment issued with each individual lanyard.

"MAN-U-JUST" ADJUSTABLE ROPE WORK POSITION AND RESTRAINT LANYARD



1. Rope spliced eye at anchorage end of rope, with thimble, to take self-closing and / or self-locking connector (snaphook, karabiner etc.)
2. 16mm diameter, 3 strand, hawser laid nylon rope.
3. 67R "Man-u-just" rope length adjuster.
4. Rope back splice to prevent "Man-u-just" becoming detached from rope end.
5. Self-closing and / or self locking connector (snaphook, karabiner etc.)
6. Integral "NRG 100" 1 metre long nylon webbing energy absorber lanyard with self- closing and / or self-locking connector (snaphook, karabiner etc.) for attachment to the front or dorsal 'D' ring of a P+P full body harness for added fall arrest facility. (see front page).

Before use, check that the "Man-u-just" device properly grips the rope when pulled along the rope away from the spliced eye anchorage end.

Connect the “NRG 100” lanyard connector securely to either the front or dorsal ‘D’ ring of a P+P full body harness.

BEFORE PUTTING YOUR FULL WEIGHT ON THE WORK POSITION LANYARD, ALWAYS ENSURE SNAPHOOKS OR KARABINERS ETC. ARE SECURELY AND PROPERLY CONNECTED TO THE ‘D’ RING ATTACHMENT POINT(S) OF YOUR BELT OR HARNESS.

To shorten or lengthen the lanyard, slightly relax your bodyweight tension, squeeze the “Man-u-just” to release it’s grip and move the rope forward or back through the “Man-u-just” to establish a new work position.

- Do not anchor to a structure that itself can fall i.e. free standing laden or any other loose structure.
- Do not use a lanyard which will allow you to reach a position *in any direction* where a severe fall is possible.
- Do not loop lanyards around structures with sharp edges. Never if less than 5mm or 7/32” radius edge.
- Always adjust the length of the lanyard to make absolutely sure that it will not allow you to reach a position *in any direction* where a severe fall is possible.
- Always ensure that the closing bar on the karabiner hook is locked shut. Kwiklok types do this automatically but should still be checked. Screwgate types must be screwed home manually and checked by applying pressure against the closing bar.
- Always ensure that the work position, restraint lanyard is securely anchored before use.
- Before use, check that the “Man-u-just” device properly grips the rope when pulled along the rope away from the spliced eye anchorage end.
- Consider any ‘sharp’ edges that the rope and lanyard may pass over or become in contact with. The rope and lanyard does not have any specific cut resistant properties

Modifications and Repairs

No repairs, modifications or alterations are to be carried out on this Man-u-just system.

Rescue Plan

As part of your risk assessment, you MUST have in place a rescue plan to deal with any emergency which may occur during use. Access to the user, directly or indirectly, and their safe retrieval is of paramount importance, including preparations for dealing with potential Post Fall Suspension Trauma.

Inspection

The Man-u-just System, along with all your other safety equipment must be subjected to a pre-use check each time before use. Failure to inspect the Man-u-just System correctly could cost you your life. You should be trained to carry out a pre-use check.

Detailed Recorded Inspections should only be carried out by a trained, competent person, appointed by the employer. Additionally, recorded interim inspections may be required where risks from transient arduous working environments exist. This should be identified through Risk Assessment.

These recorded inspections must be carried out at least every 12 months as a requirement of EN365, however; in the UK the HSE would like to see all Fall Protection PPE have a Detailed Recorded Inspection every 6 months.

The pre-use check must include (but is not limited to):

- Check all webbing / rope for signs of cuts, abrasions, fraying, tears, burns, mould, discolouration or chemical attack.

- Check all stitching for signs of loosening, pulling or cut thread. There must be no evidence of damaged stitching on either side of the stitch pattern.

- If the Man-u-just System has been subject to significant paint overspray, it must not be used.

- Adjusters and connectors MUST be free from rust, excessive wear, distortions or cracks.

If during the pre-use check any part is found to be or believed to be faulty. DO NOT use it. Remove ALL components from site to ensure that they cannot be use by anyone.

Cleaning, Maintenance and Storage

Brush out any foreign matter, dirt, grit, mud etc. Lubricate moving parts lightly once a month, or more frequently if used in harsh conditions, with a silicon based lubricant. Do not get oil on the surface of the rope channel or serrated grab face.
Store in a dry place.

Nylon and polyester ropes are made from synthetic fibre. Nylon is resistant to alkalis whereas polyester is resistant to mild acidity and alkalis. Ordinary grime can be removed with soap and water to other mild detergents. Wipe dry and allow to dry naturally away from direct source of heat. In case of severe soiling, please contact your supplier or P+P.

Store in a cool, dry place away from direct heat or sunlight and any contact with corrosive elements, chemicals or sharp edges.

Chemical Attack

If the Man-u-just System comes into contact with any chemicals, you MUST immediately remove it from service and check with P+P for the potential of degradation.

Service Life

Each P+P Man-u-just System has a maximum working life of 5 years from date of first use, provided it is correctly stored and maintained. However, if the Man-u-just System fails any inspection it MUST be destroyed. See the Statement of Obsolescence with this manual.

About This Manual

This User Manual is for English speaking countries only. If you require this manual in a different language, please Contact P+P. When this Man-u-just System is sold on, this manual must accompany the Man-u-just System.

Product Details

The Product Name, Product Code, Serial number and Date of Manufacture of the lanyard should be entered on the back page of this manual for future reference and inspection records.

The product name, unique serial number and date of manufacture will also be found on the product label either stitched into the Manu-u-just System's webbing or captive at the end of the rope.

Always make sure the product label is present showing both the serial number and date of manufacture and that it matches your User Manual. If the numbers are not legible on the Product Label or do not match the User Manual – DO NOT USE the Man-u-just System!

Statement of Obsolescence

Due to the ingress of dirt and grit, chemical contamination, edge and surface damage, ultraviolet light degradation, and wear and tear, Fall Protection Equipment manufactured from synthetic fibres (webbing and/or rope) are subject to a manufacturer's statement of obsolescence which is a requirement of BS EN 365:2004 a European Product Standard.

Any item of Fall Protection Equipment manufactured by Pammenter & Petrie Limited with synthetic fibre components (webbing and/or rope) is subject to a maximum working life of 5 years from the recorded date of first use, provided that the item has been correctly stored, maintained and subjected to regular inspections by a trained and competent person. However, if the item fails any inspection it MUST be destroyed.

A new item of Fall Protection Equipment manufactured by Pammenter & Petrie Limited may be stored for a maximum of 2 years and still give the potential 5 year working life – provided it remains in the original manufacturer's packaging. Once the product is taken from this original packaging for the first time, this date becomes the "date of first use", which should be recorded on the Certificate of Conformity and the 5 year working life begins.

Reference should also be made to the British Standard BS 8473:2005 – "The code of practice selection, use and maintenance of personal fall protection systems and equipment for use in the workplace" – clause 13.2 Lifespan, which states:

"some equipment is given a lifespan or obsolescence date by the manufacturer. Equipment that has reached such a limit, which has not already been rejected for other reasons, should be withdrawn from service and not used again, unless or until confirmed by a competent person, in writing, that it is acceptable to do so."

It should be noted that inspections carried out by a trained and competent person are only visual and tactile observations of the condition of the product; they are not testing the residual strength of the equipment. All synthetic fibres deteriorate slowly with age regardless of use and as a result Pammenter & Petrie Limited strongly advises all users of Fall Protection Equipment to follow the manufacturer's statement of obsolescence.

For further advice on this statement, as well as training in the use and inspection of Fall Protection Equipment, please contact Pammenter & Petrie Limited.

EC DECLARATION OF CONFORMITY

The manufacturer in the Community
Pammenter and Petrie Limited 140-146 Brearley Street, Hockley, Birmingham B19 3XJ United Kingdom

Declares that the new PPE described hereafter
P+P Man-U-Just System
***P+P Product Code:* 90092**

is in conformity with the provisions of Council Directive 89/686/EEC and, where such is the case, with the national standard transposing harmonized standard numbers:
BSEN 353-2 and BSEN 358

is identical to the PPE which is subject to EC certificate of conformity number:
BSEN 358/95/01 dated 11/03/98* issued by *TUV NEL Limited, East Kilbride, Glasgow, G75 OQU, United Kingdom.
EC Notified Body No 0320

is subject to the procedures set out in Article 11 point B of Directive 89/686/EEC under the supervision of the approved body:
The British Standards Institute, 389 Chiswick High Road, London W4 4AL, United Kingdom.
EC Notified Body No 0086

Done
at: ***Birmingham, United Kingdom.*** **on:** ***11 March 1998***

Adrian M W Jones
Technical and Training Services Manager

INSPECTION RECORD

Supplier: ..... Date Purchased: ...../...../..... User Name: ..... Date First Used: ...../...../.....

Date	Pass / Fail	Comments / Actions	Next Inspection Due	Print Name	Signed
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This Pammenter and Petrie Limited Man-u-just System has been tested and CE marked to BSEN 353-2. Certified by Approved Body: TUV NEL Limited, East Kilbride, Glasgow, G75 0QU, United Kingdom. EC Notified Body No 0320. Pammenter and Petrie Limited operate a Quality management System to BS EN ISO 9001:2000 controlled and audited by: The British Standards Institute, 389 Chiswick High Road, London W4 4AL, United Kingdom. EC Notified Body No 0086.

PRODUCT CODE ……..

PRODUCT NAME ……..

SERIAL NO……..

DATE OF MANUFACTURE……..

Designers, Manufacturers and Suppliers or Personal Protective Equipment

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Birmingham B19 3XJ

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